**Summative Assessment- Essay- Health Influences**

Write an essay on “What I Believe is Important to Create a Healthy and Successful Lifestyle”. Describe the influence of culture, family, community, peers, media, values and beliefs, technology, and public policy. Include how you would overcome any unhealthy beliefs or influences. Consider all of the issues we have covered.

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| HEALTH INFLUENCES | | | | |  |
| ***ISSUES TO COVER*** | 10  Describe how these issues influences ***and*** how to overcome unhealthy influences | 8  Partial description | 6  Poor or  missing | 0  NOT  COVERED | score |
| Culture |  |  |  |  |  |
| Family |  |  |  |  |  |
| Genetics |  |  |  |  |  |
| School/community |  |  |  |  |  |
| Peers |  |  |  |  |  |
| Media |  |  |  |  |  |
| Values/beliefs |  |  |  |  |  |
| Technology |  |  |  |  |  |
| Public health policy |  |  |  |  |  |
| Use complete sentences and neat. |  |  |  |  |  |
|  |  |  |  |  | /100 |